

### AMENDMENTS TO THE CLAIMS

1-17. (Canceled)

18. (Currently amended) A method of providing spinal fixation, comprising the steps of:

advancing a fixation device that comprises a body having a first portion that forms a bone anchor and a second portion that forms a proximal end; through a portion of a first vertebra;

advancing the bone anchor of the fixation device into a second vertebra;

advancing a proximal anchor distally along the fixation device; and

~~proximally retracting the body of the fixation device with respect to the proximal anchor to adjust compression across the first and second vertebrae~~

moving the proximal anchor distally over retention structures on the body to reduce the distance between the distal anchor and the proximal anchor, thereby applying compression between the first and second vertebra.

19. (Original) The method of Claim 18, wherein the step of advancing a fixation device through a portion of a first vertebra comprises advancing the fixation device through a facet of the first vertebra.

20. (Original) The method of Claim 19, wherein the step of advancing the bone anchor of the fixation device into a second vertebra comprises advancing the bone anchor through a pedicle of the second vertebra

21. (Original) The method of Claim 19, further comprising advancing the fixation device through a spinous process of the first vertebra.

22. (Original) The method of Claim 21, wherein the step of advancing the bone anchor of the fixation device into a second vertebra comprises advancing the bone anchor through a facet of the second vertebra.

23. (Original) The method of Claim 18, wherein the step of advancing the bone anchor of the fixation device into a second vertebra comprises rotating the bone anchor.

24. (Withdrawn-currently amended) The method of Claim 18, wherein the step of advancing the bone anchor of the fixation device into a second vertebra comprises ~~rotating the bone anchor~~ comprising compressing an axial orientation of the distal anchor for distal insertion

through the bore and expanding the distal anchor to an incline orientation to resist axial movement through the bore.

25. **(Withdrawn)** The method of Claim 24, further comprising withdrawing a locking wire into the body to prevent the distal anchor from compressing.

26. **(Original)** The method of Claim 18, comprising drilling a bore in the first vertebra having a diameter slightly larger than the outside diameter of the proximal anchor.

27. **(Withdrawn)** The method of Claim 18, further comprising adjusting the angle between a longitudinal axis of the body and the proximal anchor with respect to a longitudinal axis of a flange.

28-30. **(Canceled)**

31. **(New)** The method of Claim 18, where the first and second portion of the body are detachably coupled to each other at a junction.

32. **(New)** The method of Claim 31, further comprising separating and removing the second portion from the first portion after the proximal anchor is advanced distally along the fixation device.

33. **(New)** The method of Claim 32, wherein separating and removing the second portion from the first portion comprises rotating the second portion with respect to the first portion.

34. **(New)** The method of Claim 32, wherein the second portion of the body comprises part of a device used to advance the bone anchor into the pedicle of the second vertebrae.

35. **(New)** The method of Claim 18, wherein the first vertebra is the L-5 vertebra and the second vertebra comprises the S-1 portion of the sacrum.

36. **(New)** The method of Claim 18, wherein the first and second vertebrae are in a cervical region of a spine.

37. **(New)** The method of Claim 18, further comprising advancing the proximal anchor distally along the fixation device before the body is advanced through the portion of the first vertebra.

38. **(New)** The method of Claim 18, advancing the proximal anchor distally along the fixation device after the bone anchor is advanced into the pedicle of the second vertebra.

39. (New) The method of Claim 18, wherein step of advancing the proximal anchor over the retention structures comprises advancing the proximal anchor over at least 10% the overall length of the fixation device.

40. (New) The method of Claim 18, wherein step of advancing the proximal anchor over the retention structures comprises advancing the proximal anchor over at least 20% the overall length of the fixation device.

41. (New) The method of Claim 18, wherein step of advancing the proximal anchor over the retention structures comprises advancing the proximal anchor over at least 50% the overall length of the fixation device.

42. (New) The method of Claim 18, wherein the step of advancing the proximal anchor over the retention structures comprises advancing a slip ring over the retention structures.

43. (New) The method of Claim 18, wherein the step of advancing the proximal anchor over the retention structures comprises advancing the proximal anchor over a series of ridges.

44. (New) A method of treating the spine, comprising the steps of:  
providing a fixation device that comprises a body having a distal anchor and a proximal anchor;

advancing the distal anchor of the fixation device through a facet of a first vertebra and into a second vertebra;

rotating the fixation device to engage the distal anchor with the second vertebra;  
and

moving the proximal anchor distally over retention structures on the body to reduce the distance between the distal anchor and the proximal anchor, such that a locking element on the proximal anchor engages at least one retention structure on the body thereby applying compression between the first and second vertebra.

45. (New) The method of Claim 44, comprising drilling a bore in the first vertebra having a diameter slightly larger than the outside diameter of the proximal anchor.

46. (New) The method of Claim 44, wherein the body comprises distal and proximal portions that are detachably coupled to each other at a junction.

47. (New) The method of Claim 45, further comprising separating and removing the proximal portion from the distal portion.

48. (New) The method of Claim 47, wherein separating and removing the proximal portion from the distal portion comprises rotating the proximal portion with respect to the distal portion.

49. (New) The method of Claim 48, wherein the proximal portion of the body comprises part of a device used to advance the distal anchor into the pedicle of the second vertebrae.

50. (New) The method of Claim 44, wherein the first vertebra is the L-5 vertebra and the second vertebra comprises the S-1 portion of the sacrum.

51. (New) The method of Claim 44, wherein the first and second vertebrae are in a cervical region of a spine.

52. (New) The method of Claim 44, further comprising coupling the proximal anchor to the body before the body is advanced through the portion of the first vertebra.

53. (New) The method of 44, further comprising coupling the proximal anchor to the body after the distal anchor is advanced into the pedicle of the second vertebra.

54. (New) The method of Claim 44, wherein step of moving the proximal anchor distally over the retention structures comprises moving the proximal anchor over at least 10% the overall length of the fixation device.

55. (New) The method of Claim 44, wherein step of moving the proximal anchor over the retention structures comprises moving the proximal anchor over at least 20% the overall length of the fixation device.

56. (New) The method of Claim 44, wherein step of moving the proximal anchor over the retention structures comprises moving the proximal anchor over at least 50% the overall length of the fixation device.

57. (New) The method of Claim 44, wherein the step of moving the proximal anchor over the retention structures comprises moving a slip ring over the retention structures.

58. (New) The method of Claim 44, wherein the step of moving the proximal anchor over the retention structures comprises moving the proximal anchor over a series of ridges.

59. (New) A method of facet to pedicle fixation with secondary compression, comprising the steps of:

providing a fixation device that comprises a body having a distal anchor and a proximal anchor;

advancing the distal anchor of the fixation device through a facet of a first vertebra and into a pedicle of a second vertebra;

rotating the fixation device to engage the distal anchor with respect to the second vertebra; and

axially shortening the fixation device thereby reducing the distance between the distal anchor and the proximal anchor, such that a locking element on the proximal anchor engages at least one retention structure on the body thereby applying compression between the first and second vertebra.

60. (New) The method of Claim 59, comprising drilling a bore in the first vertebra having a diameter slightly larger than the outside diameter of the proximal anchor.

61. (New) The method of Claim 59, wherein the body comprises distal and proximal portions of the body that are detachably coupled to each other at a junction.

62. (New) The method of Claim 61, further comprising separating and removing the proximal portion from the distal portion.

63. (New) The method of Claim 62, wherein separating and removing the proximal portion from the distal portion comprises rotating the proximal portion with respect to the distal portion.

64. (New) The method of Claim 61, wherein the proximal portion of the body comprises part of a device used to advance the distal anchor into the pedicle of the second vertebrae.

65. (New) The method of Claim 59, wherein the first vertebra is the L-5 vertebra and the second vertebra comprises the S-1 portion of the sacrum.

66. (New) The method of Claim 59, wherein the first and second vertebrae are in a cervical region of a spine.

67. (New) The method of Claim 59, further comprising coupling the proximal anchor to the body before the body is advanced through the portion of the first vertebra.

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68. (New) The method of Claim 59, further comprising coupling the proximal anchor to the body after the distal anchor is advanced into the pedicle of the second vertebra.

69. (New) The method of Claim 59, wherein step of moving the proximal anchor distally over the retention structures comprises moving the proximal anchor over at least 10% the overall length of the fixation device.

70. (New) The method of Claim 59, wherein step of moving the proximal anchor over the retention structures comprises moving the proximal anchor over at least 20% the overall length of the fixation device.

71. (New) The method of Claim 59, wherein step of moving the proximal anchor over the retention structures comprises moving the proximal anchor over at least 50% the overall length of the fixation device.

72. (New) The method of Claim 59, wherein the step of moving the proximal anchor over the retention structures comprises moving a slip ring over the retention structures.